



Make it Fresh with Cooking Counts Lesson Plans for: *Yield Test*

Course Description:

This hands-on training will help you better understand yield percentages and how they factor into the standardization of recipes.

Estimated class time: 2 hours

Preparation:

Equipment Needed:

Scales
Cutting boards
Knives

Grocery List:

Potatoes
Carrots
Cantaloupe

Opening Remarks:

Today's lesson is the Yield Test. A yield test will determine the amount of a product that is left after trimming or cooking. This information is important to understand the cost per unit of weight and the amount of product to order.

Understand Yield Percent:

Why is it important to understand yield percentages? They help us to know how much food we need to buy for our recipes. If the correct amount of an ingredient is not used:

1. Flavors will be off
2. Short daily vegetable requirement
3. Throws off your nutrition, causing you to be short vegetable subgroups for the week

As Purchased (AP) means the untrimmed quantity, in the same form in which it is purchased. This is the amount you pay for.

Edible portion (EP) is the raw, uncooked quantity after all trimming and cooking is done.

Yield percent indicates, on average, how much of the AP weight is left after pre-preparation to produce the ready to cook item or EP. In cooking, a yield percentage is the measure of the factor by which an item changes because of trimming, draining and/or cooking.

*This project was funded using U.S. Department of Agriculture grant funds.
The USDA is an equal opportunity provider and employer.*



Show video:

[Yield Test](#)

Lab:

Each person will be given three produce items (potatoes, carrots and cantaloupe)

1. Weigh the produce and record AP weight.
2. Clean and peel the produce item. Remove all stems, seeds or other non-edible parts.
3. Weigh the produce and record EP weight.

Complete this Chart:

	Potato AP	Potato EP	Carrot AP	Carrot EP	Cantaloupe AP	Cantaloupe EP
Participant 1						
Participant 2						
Participant 3						
Participant 4						
Participant 5						
Total (Add numbers from all participants)						
Average (Total divided by the number of participants)						
Yield Percent (EP divided by AP)						

Discussion and Evaluation:

1. Compare your yield percent for each item by dividing your individual EP by your AP. How do your numbers compare to the average?
2. What does it mean to your organization if additional waste is created through trimming?
3. What would happen if you do not take yield percent into account when ordering products?
4. How can your meal pattern contributions be affected if not considering yield percent?

This project was funded using U.S. Department of Agriculture grant funds. The USDA is an equal opportunity provider and employer.